



Carr Hill Community Primary School PSHE and Citizenship Knowledge Organiser



Key Stage One

Summer 1st Half Term

PSHE

Health & Wellbeing- Growing UP

Topic Overview

This topic is an introduction to how we grow and change, both physically and emotionally. Children will learn about their own and others' bodies, gender stereotypes and different types of families. They will also learn about respecting their own and others' bodies, keeping their bodies safe and sharing their feelings in response to life experiences.

Home Learning

What Makes Me, Me?:

Children have a poem to read about what makes someone the person they are. They then illustrate the poem with images of the things they like and things that are personal to them.

Brilliant Bodies:

Children create a fact file about a body part of their choice, including pictures and information.

Wider Learning

Aspects of the science curriculum and related resources will support some of the learning in this unit. The school might also think about supporting the learning about respecting our own and others' bodies with a workshop by the NSPCC, who teach children 'The Underwear Rule'.

Assessment

All children should be able to...

- talk about their own likes and dislikes.
- understand that different people like different things.
- understand that girls and boys can like different things, or the same things.
- describe how they have changed since they were a baby.
- understand that peoples' needs change as they grow older.
- talk about things they would like to do when they are older.
- discuss some changes that people might go through in life.
- talk about their family and ask others questions about their family

Key Texts

Summer A Cycle 1: Growing Up

Our Bodies	Is it Ok?	Pink & Blue	Your Family, My Family	Getting Older	Changes

Lesson Breakdown

Our Bodies

R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private

H25. to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)

H26. about growing and changing from young to old and how people's needs change

I can name the main parts of boys' and girls' bodies

Is It OK?

R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private

R16. about how to respond if physical contact makes them feel uncomfortable or unsafe

R19. basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe

R20. what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard

R22. about how to treat themselves and others with respect; how to be polite and courteous

I understand how to respect my own and other people's bodies.

Pink and Blue

H22. to recognise the ways in which we are all unique

R23. to recognise the ways in which they are the same and different to others

I understand that we are all different and different people like different things.

Your Family, My Family

R3. about different types of families including those that may be different to their own

R4. to identify common features of family life

R5. that it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried

I can talk about my family and others' families.

Getting Older

H26. about growing and changing from young to old and how people's needs change

H27. about preparing to move to a new class/year group

I can describe how I will change as I get older.

Changes

H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better

H27. about preparing to move to a new class/year group

I can describe things that might change in a person's life and how it might make them feel.